

Harvest Delight

| Ingredients | 25 Servings | | 50 Servings | | Directions |
|---|-------------|-------------------|-------------|-----------------|---|
| | Weight | Measure | Weight | Measure | |
| *Fresh carrots, 1/4" slices | 1 lb 8 oz | 1 qt 1 cup | 3 lb | 2 qt 2 cups | 1. Place carrots in a perforated steam table pan (12" x 20" x 2 ½"). Cover and steam for 10 minutes or until tender. |
| *Fresh sweet potatoes, peeled, cubed 1" | 1 lb 8 oz | 3 cups | 3 lb | 1 qt 2 cups | |
| *Fresh butternut squash, peeled, cubed 1/2" | 1 lb 8 oz | 3 1/3 cups | 3 lb | 1 qt 2 2/3 cups | |
| *Fresh red onions, diced | 8 oz | 1 1/2 cups 1 Tbsp | 1 lb | 3 cups 2 Tbsp | 3. Roast uncovered until tender and slightly browned. Turn vegetables midway through cooking: |
| Extra virgin olive oil | | 1/3 cup | | 2/3 cup | |
| Sea salt | | 1 tsp | | 2 tsp | |
| *Fresh green apples, peeled, | 2 lb | 1 qt 3 1/3 cups | 4 lb | 3 qt 2 2/3 cups | 4. Combine apples, thyme, oregano, sage, |

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|---|----------------|-------|----------------|--|
| Fresh thyme, finely chopped | 1 1/2 Tbsp | | 3 Tbsp | |
| Fresh oregano, finely chopped | 1 1/2 Tbsp | | 3 Tbsp | |
| Fresh sage, finely chopped | 1 1/2 Tbsp | | 3 Tbsp | |
| Fresh rosemary, finely chopped | 1 Tbsp | | 2 Tbsp | |
| Minced garlic | 1 Tbsp 1/2 tsp | | 2 Tbsp 1 tsp | <p>5. Remove vegetables from oven. Lower heat to 400 °F. Add apple mixture. Spread evenly. Roast uncovered until slightly tender:</p> <p>6. Remove vegetable/apple mixture from oven. Transfer to a steam table pan (12" x 20" x 2½") lightly coated with pan release spray.</p> |
| Maple syrup | 2 1/2 Tbsp | | 1/4 cup 1 Tbsp | <p>7. Drizzle with maple syrup and toss to coat. Roast until tender: Conventional oven: 400 °F for 8 minutes Convection oven: 400 °F for 5 minutes</p> |
| *Fresh spinach, coarsely chopped 5 1/2 oz | 3 cups | 11 oz | 1 qt 2 cups | <p>8. Remove vegetable/apple mixture from oven and gently toss in spinach. Mix in cranberries and serve.</p> |
| Dried cranberries, finely chopped 1 oz | 3 Tbsp | 2 oz | 1/3 cup | <p>9. Critical Control Point: Hold for hot service at 135 °F or higher.</p> <p>10. Portion with 4 fl oz spoodle or No. 8 scoop (½ cup).</p> |

Notes

Our Story

The recipe challenge team was formed when the students at The Guild expressed an interest in learning how to cook healthier, fresher meals. To meet this need, the Harvest Delight dish was created. It features locally grown ingredients seasoned with fresh aromatic herbs and a subtle taste of maple. It was served to the entire student body who were requested to complete an evaluation form. Over 90 percent of the students who evaluated the recipe rated it “very good” to “excellent.” The team was overjoyed with the recipe’s positive feedback. Who knew that sweet potatoes, butternut squash, carrots, spinach, dried cranberries, and apples could cause so much excitement? Your kids will be happy too when they taste this colorful and delicious blend of vegetables, fruits, and herbs.

The Protestant Guild for Human Services, INC.

Waltham, Massachusetts

School Team Members

School Nutrition Professional: Doreen Mangini, PhD

Chef: Chef Florentine

Community Member: Erin Ridge (Special Education Teacher)

Student: Samantha I.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

| Marketing Guide | | |
|-----------------------|-------------|-------------|
| Food as Purchased for | 25 Servings | 25 Servings |
| Carrots | 2 lb 2 oz | 4 lb 4 oz |
| Sweet potatoes | 2 lb | 4 lb |
| Butternut squash | 1 lb 12 oz | 3 lb 8 oz |
| Red onions | 9 oz | 1 lb 2 oz |
| Green apples | 2 lb 9 oz | 5 lb 2 oz |
| Spinach | 6 1/4 oz | 12 1/2 oz |

| Serving | Yield | Volume |
|---|---|--|
| 1/2 cup (4 fl oz spoodle or No. 8 scoop) provides 3/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1/8 cup fruit. | 25 Servings: about 9 lb 50 Servings: about 18 lb | 25 Servings: about 3 quarts 1 steam table pan 50 Servings: about 1 gallon 2 quarts 2 steam table pans |

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| Nutrients Per Serving | | | | | |
|-----------------------|---------|---------------|----------|---------------|-----------|
| Calories | 92.61 | Saturated Fat | 0.43 g | Iron | 1.56 mg |
| Protein | 1.2 g | Cholesterol | | Calcium | 37.86 mg |
| Carbohydrate | 16.16 g | Vitamin A | 11203.66 | Sodium | 102.64 mg |
| Total Fat | 3.14 g | | IU | Dietary Fiber | 3.13 g |
| | | Vitamin C | 10.94 mg | | |